

NON-MEMBER PROGRAM OPTIONS

Non-package options:

| | |
|-------------------|------|
| 1-hour session | \$50 |
| 45-minute session | \$40 |
| 30-minute session | \$30 |

1-hour small group session
\$35 per person
(2 members, 1 trainer)

Package options:

1-hour sessions

| | |
|-------------|-------------------|
| 4 sessions | \$196 (save \$4) |
| 8 sessions | \$392 (save \$8) |
| 12 sessions | \$588 (save \$12) |

45-minute sessions

| | |
|-------------|-------------------|
| 4 sessions | \$156 (save \$4) |
| 8 sessions | \$312 (save \$8) |
| 12 sessions | \$468 (save \$12) |

30-minute sessions

| | |
|-------------|-------------------|
| 4 sessions | \$116 (save \$4) |
| 8 sessions | \$232 (save \$8) |
| 12 sessions | \$348 (save \$12) |

One free comprehensive fitness assessment is included with the purchase of a one-hour session or Personal Training package.

Payment is made at the Welcome Desk and can be made by check, cash or credit card.

YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Member Testimonial

I have been working with Nichole since September and so far I have lost 30 pounds. For me it wasn't about just losing weight. Although weight loss has been, and will continue to be one of my biggest achievements, I ideally wanted to be strong and more confident with even just stepping foot into the gym. Before I started my personal training with Nichole, I didn't know the first thing about going to the gym and being healthy. All I really knew was how to pace myself on a treadmill.

Having Nichole as a trainer has made it amazing to see how much stronger I am and how much more self-confidence and knowledge I have gained. I am so thankful to be able to have the opportunity to be her client and can't wait to see continued progression.



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATE EMPOWER SUCCEED!

PERSONAL TRAINING



BUTLER YMCA

For questions, please contact:
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HEALTHY LIVING

Improving the nation's health and well-being

YMCA Personal Training

Are you ready to be challenged in a new way to meet your personal health and fitness goals? Work one-on-one with a qualified and nationally certified personal trainer! Whether you are looking to lose weight, build muscle, learn new training techniques, or just have someone to motivate you, get started today!

Who is Personal Training for? Everyone!!

Specific needs and goals vary person to person. Our personal trainers can work with anyone, whether you are new to exercise, athlete, older adult, youth/teen, post-rehab individual, or pre/post natal mother.

Benefits of Personal Training

- Individualized exercise program
- Exercise safely and efficiently
- Improve self-confidence and mood
- Decrease depression and stress
- Stronger and healthier lungs, heart, bones, joints, and muscles
- Improved blood pressure, cholesterol, and blood sugar
- Weight control & decreased fat mass
- Increase fitness abilities and sport performance
- Improve coordination, balance, strength, endurance, agility, and flexibility

FIRST STEPS

1. Stop by the Wellness Center for a New Client Personal Training Packet. This packet contains questions regarding your health history, current habits, goals, time availability, etc.
2. Browse the Personal Trainer section on the Wellness Center bulletin board. Request a trainer or we will match you with one based on your goals and availability.
3. Submit completed Personal Trainer packet to the Welcome Desk.
4. A personal trainer will contact you within 2-3 days to set up your consultation/fitness assessment.
5. Fitness assessment is specific to individual and may include: resting blood pressure, resting heart rate, body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

MEMBER PROGRAM OPTIONS

Non-package options:

| | |
|--------------------------|-------------|
| 1-hour session | \$40 |
| 45-minute session | \$30 |
| 30-minute session | \$20 |

1-hour small group session
\$25 per person
(2 members, 1 trainer)

Package options:

1-hour sessions

| | |
|--------------------|--------------------------|
| 4 sessions | \$150 (save \$10) |
| 8 sessions | \$300 (save \$20) |
| 12 sessions | \$440 (save \$40) |

45-minute sessions

| | |
|--------------------|-------------------------------|
| 4 sessions | \$112.50 (save \$7.50) |
| 8 sessions | \$225 (save \$15) |
| 12 sessions | \$330 (save \$30) |

30-minute sessions

| | |
|--------------------|--------------------------|
| 4 sessions | \$75 (save \$5) |
| 8 sessions | \$150 (save \$10) |
| 12 sessions | \$220 (save \$20) |

One free comprehensive fitness assessment is included with the purchase of a one-hour session or Personal Training package.

Payment is made at the Welcome Desk and can be made by check, cash, credit card or by charging your YMCA Membership account.